

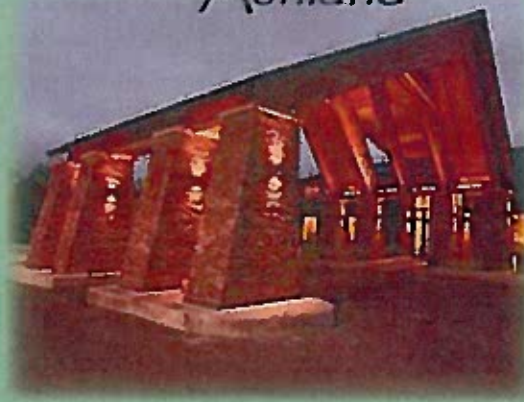


Red Cliff Community Health Center

Clinic Newsletter

Spring Edition

The mission of the Red Cliff Community Health Center is to provide the highest quality, comprehensive health care in order to promote the health and wellness of the Red Cliff Indian community. Services are provided to American Indian people and their families, as well as the surrounding communities of Bayfield, Madeline Island, Washburn, and Ashland



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April National Child Abuse Prevention Month


Children are suffering from a hidden epidemic of child abuse and neglect. It's a widespread war against our children that we have the power to stop, and understanding the issue is the first step.

Just how bad is the issue of child abuse in the United States?

- * Every year more than 3 million reports of child abuse are made in the United States involving more than 6 million children.

- * An average of four to seven children are dying everyday due to child abuse and neglect in the United States, among the worst of modern nations.

- * A report of child abuse is made every ten seconds.



Yearly, referrals to state child protective services involve 6.3 million children, and around 3 million of those children are subject to an investigative report.

The future prosperity of any community depends on its ability to foster the health and well-being of the next generation. When a community invests wisely in children and families, the next generation will pay back through a lifetime of productivity and responsible citizenship. Yet, when not all children have equal opportunity for healthy growth and development due to experiences of child abuse and neglect we put our future at risk.

*<http://www.childhelp.org/child-abuse-statistics/>



May National High Blood Pressure Education Month

High blood pressure is a common disease in which blood flows through blood vessels (arteries) at higher than normal pressures. Blood pressure is the force of blood pushing against the walls of the arteries as the heart pumps blood. High blood pressure, sometimes called hypertension, happens when this force is too high. Health care workers check blood pressure readings the same way for children, teens, and adults. They use a guage, stethoscope or electronic sensor, and a blood pressure cuff. With this equipment, they measure:

- * **Systolic pressure:** blood pressure when the heart beats while pumping blood.
- * **Diastolic pressure:** blood pressure when the heart is at rest between beats.

Normal blood pressure for adults is defined as a systolic pressure below 120 mmHg and a diastolic pressure below 80 mmHg.

Blood pressure normally rises with age and body size. People with diabetes or chronic kidney disease should keep their blood pressure below 130/80 mmHg.

Primary high blood pressure

Primary, or essential, high blood pressure is the most common type of high blood pressure. This type of high blood pressure tends to develop as a person ages.

Secondary high blood pressure

Secondary high blood pressure is caused by another medical condition or use of certain medicines. This type of high blood pressure resolves itself after the cause is treated or removed.

Some of the main complications of high blood pressure include: Aneurysms, cognitive changes, heart attacks, chronic kidney disease, eye damage, heart failures.



June Men's Health Month

The goal of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. This month gives health care providers, public policy makers, the media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury.

There is a crisis in men's health! Because of poor health habits, lack of health insurance, failure to seek medical attention, and dangerous occupations, men live sicker and die younger than women. Men die at higher rates due to some of the top causes of deaths including: cancer, diabetes, suicide, and accidental deaths as well as diseases of the heart, kidney and liver.

Take control of your health by exercising, eating right, and visiting your doctor regularly.

You can start eating right with a few simple steps:

- * Eat a good breakfast to get your metabolism started.
- * The less ingredients in your meals the better!
- * Try to eat at least 1 fruit and 1 vegetable at every meal.
- * Control your portion sizes. Don't over-eat!

Don't forget to move a little

Exercising can be done in many different ways, choose activities that you enjoy doing. Breaking up your physical activity into 10-15 minute intervals helps you from feeling overwhelmed.

Adopting just a few of these healthy eating and activity tips can add years to your life and life to your years.

IT'S NEVER TOO LATE TO GET STARTED!

Live longer and healthier

HOW THE WIC PROGRAM Supports Breastfeeding

WIC provides nutrition and breastfeeding education, nutritious foods, and improved healthcare access for 9 million at-risk low-income women, infants, and children.

WHY IT'S IMPORTANT TO SUPPORT BREASTFEEDING

BREASTFEEDING BENEFITS:



Mothers



REDUCES RISK OF:

Breast cancer
Ovarian cancer
Type 2 diabetes
Postpartum depression



Babies



REDUCES RISK OF:

Obesity
Lower respiratory infections
Type 2 diabetes
Asthma
SIDS (sudden infant death syndrome)



Society

If **90%** of women breastfed exclusively for 6 months, it could result in nearly:



\$13 Billion

saved in the U.S. each year



1,000

infant deaths prevented each year

CURRENTLY:

74.6%
of U.S. mothers
initiate breastfeeding



44.3%
of U.S. mothers still
breastfeed at 6 months



HOW THE WIC PROGRAM HELPS

WIC promotes breastfeeding as the optimal infant feeding choice.

THE WIC PROGRAM PROVIDES

Breastfeeding
Peer
Counselors



Lactation
Consultants



Classes &
Support
Groups



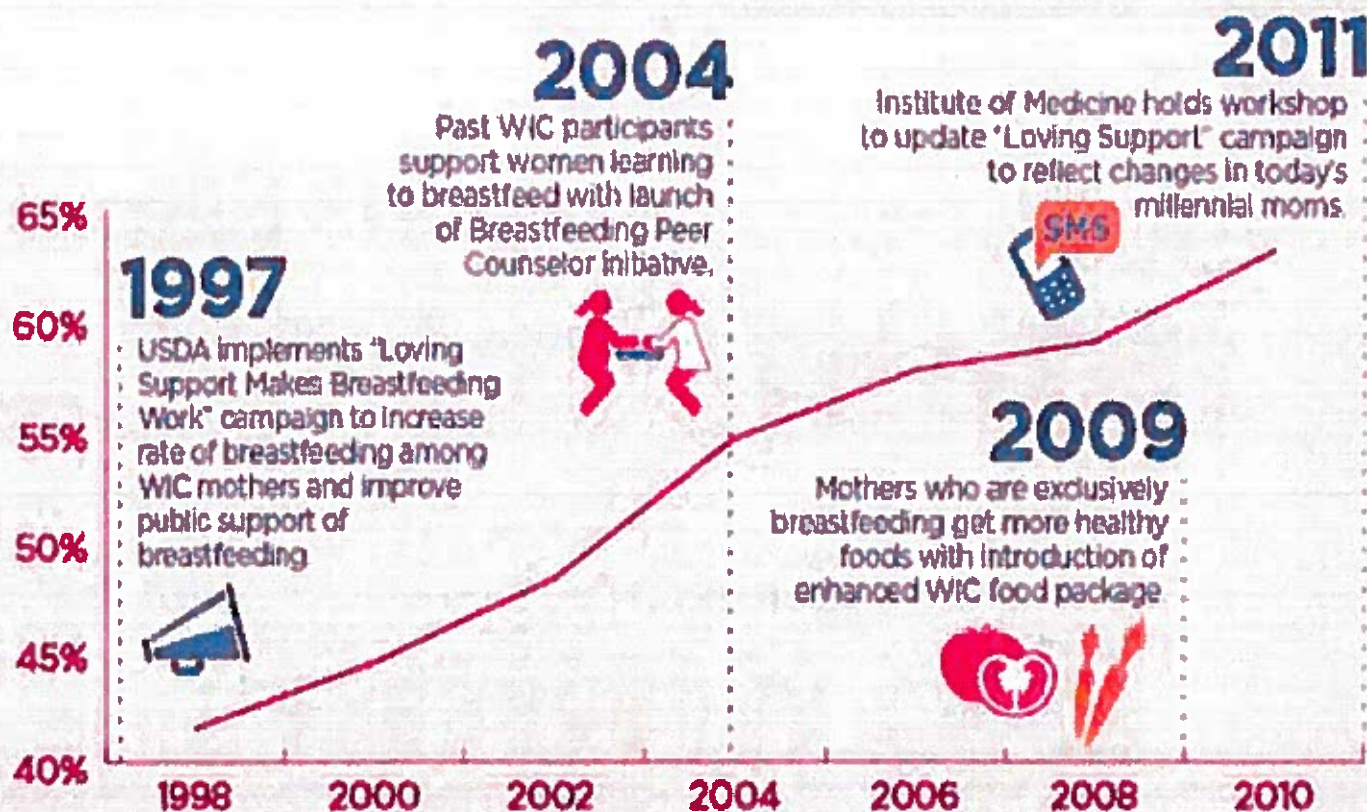
Educational
Materials



Hotlines for
Questions



BREASTFEEDING INITIATIVES



% WIC INFANTS BREASTFED*

*Percentage of infants in WIC aged 0-13 months who were currently breastfeeding or breastfed at some time, 1998-2010.

For any questions regarding the WIC program
contact Rachel Garramone
715-779-3707 ext. 2261
Rgarramone@Redcliffhealth.org



WIC pick up days

2016

WIC PICK UP DAYS

JANUARY							FEBRUARY							MARCH							APRIL						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
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MAY							JUNE							JULY							AUGUST						
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22	23	24	25	26	27	28	19	20	21	22	23	24	25	26	27	28	29	30	31								
29	30	31					26	27	28	29	30																

SEPTEMBER							OCTOBER							NOVEMBER							DECEMBER						
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15	16	17	18	19	20	21	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29

RED CLIFF COMMUNITY HEALTH CENTER

36745 Wilson Rd.
Bryfield, VT 55014
www.redcliffhealth.org

Phone: 715-779-3707
Ext. 2261
E-mail: rachel.garrison@redcliffhealth.org



Lose yourself in health



Red Cliff, WI

Events/Activities

Lose yourself in health sign-in sheets provided at each location

Weekly Weigh-ins

Monday 4:00 pm - 6:00 pm, Tuesdays and Thursdays 1:00 pm - 4:00 pm

Red Cliff Youth center

Open Monday, Wednesday and Friday 11:00 am - 1:00 pm
for lose yourself in health participants

Bayfield Rec Center

Open daily sign-in sheet available all day

Zumba

Wednesday evenings 5:00 - 6:00 pm @ Red Cliff Community Health Center

Portion control seminar

Thursday, March 10th 5:30 - 6:30 pm @ RCCHC

Cooking with Healthy Ingredients class

Tuesday, April 12th, 5:30 - 6:30 @ RCCHC

Final Weigh-in

Friday, April 29th - All day

For more information on the lose yourself in health
employee wellness challenge please contact:
Will Tillmans @ 715-779-3707 ext. 2228 or
Susie Bear-Gurnoe @ 715-779-3700 ext. 4268





Pharmacy

an introduction for patients on



WI PRESCRIPTION DRUG
MONITORING PROGRAM

Did you know?

- * Prescription drug abuse is America's fastest growing drug problem: prescription drugs are involved in more overdose deaths than heroin and cocaine combined.
- * Nationally, approximately 15,000 people die every year of overdoses involving prescription painkillers, that's nearly one person every 19 minutes.
- * Enough prescription painkillers were prescribed in 2010 to medicate every American adult around the clock for a month.

What is the prescription drug monitoring program?

The PDMP is a secure database that stores information about certain prescription drugs dispensed to patients in Wisconsin.

Healthcare professionals can review the patients' prescription history before prescribing or dispensing drugs.

PDMP information can be used to improve patient care and safety by preventing the abuse and misuse of prescription drugs.

Are all prescription drugs monitored?

No. The PDMP monitors certain controlled substances and other drugs identified by the Pharmacy Examining Board as having a substantial potential for abuse.

Will the PDMP make it more difficult to obtain the medications I need?

The PDMP should not make it more difficult for you to receive the medications you need for legitimate medical use. The PDMP is a tool healthcare professionals can use to ensure their patients are given appropriate medical care.

For more information of Prescription Drug Monitoring contact the RCCHC pharmacy at

715-779-3707 Ext. 2257



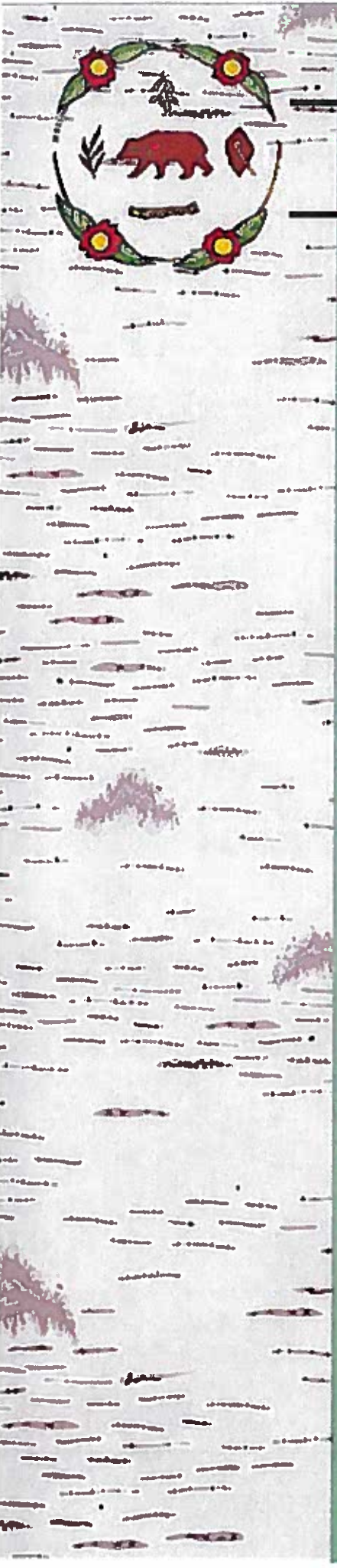
Behavioral Health

The Red Cliff Community Health Center welcomes Melissa Grooms to the behavioral health team as a mental health professional. Melissa graduated from the University of Wisconsin-Eau Claire with a Bachelor of Arts in 2011 and earned her Master's Degree in Professional Counseling through Concordia University in 2015.



Melissa's past experience includes psychological technician and a therapist providing individual and group counseling at a day treatment program for youth in Eau Claire, WI.

Melissa will be working at all of our clinic locations; the main clinic, Bayfield School, the ECC, and our soon to open Washburn location.



Behavioral Health cont.

The Red Cliff Community Health Center will be joining efforts with NorthLakes Clinic and will soon be serving clients in Washburn at the old Bay Area site (101 Thompson Road). A therapist will be located at the site every day to provide individual, couples, and family counseling for kids, adolescents, and adults.

The Washburn location will be open to the public soon!

The RCCHC is anxiously awaiting the completion of renovations at the Mishomis house and will be opening a new recovery program. The program will consist of outpatient individual AODA, intensive outpatient for group, family, and individual counseling, as well as day treatment programming for both adolescents and adults. The curriculum for the new recovery program is built around the Anishinaabe teachings using parts of the Red Cliff evidenced based curriculum developed by the former prevention center. The goal is by using a solid proven curriculum built by our community to teach, treat, and support a clean lifestyle, we can build a stronger community.

Along with these programs the Mishomis house will be home to our Comprehensive Community Support program. This program will allow an individual to create their own plan and team to help them be successful at home and in the community. The CCS program is a home based program for those struggling with AODA or mental health concerns. This program will serve as supplemental aftercare for those completing treatment or needing help to overcome mental health issues.

You will not need to be a client of the Mishomis house to be a part of this program.

Staff Spotlight

Guillermo Gonzalez Chiropractor

Guillermo Gonzalez is the new chiropractor here with us at the Red Cliff Community Health Center. With this new addition we have started providing chiropractic services on Tuesdays and Thursdays.

Guillermo has been practicing chiropractic services for 20 years with previous experience at Allied Health Chiropractic Center in Minocqua, WI.

Dr. Gonzalez's previous work experience also includes work within Indian country servicing Lac De Flambeau working in an injury prevention program at Peter Christensen Health Center.

Guillermo had received his undergraduate degree in 1992 studying in New York at Suffolk Community College and Hoffstra

University before moving to Minnesota and attending Normandale Community College in 1992.

Dr. Gonzalez went on to earn his graduate degree as a Chiropractor from Northwestern College of Chiropractic in 1996. Dr. Gonzalez also spent 2 years as an Athletic Trainer, and is also certified in nutrition.

Hobbies include practicing and teaching Tae Kwan Do to adults, children and families. Dr. Gonzalez holds a third degree black belt in Tae Kwan Do. While in college, Guillermo was a Collegiate National Champion in 1989 and went on to compete as a USA Olympic Festival Silver Medalist that same year. Dr. Gonzalez also likes to stay active working the sidelines at his children's sporting events providing medical services for Lakeland Union High School Football and Wrestling teams.

Motion is function, with good function we live a healthier life.



Blood sugar testing: Why, when, and how

Blood sugar testing is an important part of diabetes care. Find out when to test your blood sugar level, how to use a testing meter, and more.

Why test your blood sugar?

Blood sugar testing, or self-monitoring blood glucose provides useful information for diabetes management. It can help you:

- * Judge how well you're reaching overall treatment goals.
- * Understand how diet and exercise affects blood sugar levels.
- * Understand how other factors, such as illness or stress, affects blood sugar levels.
- * Monitor the effect of diabetes medication on blood sugar levels.
- * Identify blood sugar levels that are high or low.

When to test your blood sugar?

Your doctor will advise you on how often you should check your blood sugar level. The frequency of testing depends on the type of diabetes you have and your treatment plan.

Type 1 diabetes: Your doctor may recommend blood sugar testing four to eight times a day. You may need to test before and after meals and snacks, before and after exercise, before bed, and occasionally in the middle of the night. You may also need to check your blood sugar level more often if you are ill, beginning new medication, or change a daily routine.



Blood sugar testing cont.

Type 2 diabetes: If taking insulin to manage your diabetes, your doctor may recommend blood sugar testing two or more times a day, depending on the type and amount of insulin you need. Testing is usually recommended before meals, and sometimes before bed.

How to test your blood sugar

Blood sugar testing requires the use of a small electronic device called a glucose meter. The meter reads the amount of sugar in a small sample of blood, usually from your fingertip, that you place on a disposable test strip. Your doctor can also help you learn how to use a meter. Follow the instructions that come with your glucose meter, in general, here's how the process works:

- * Wash and dry hands well.
- * Insert a test strip into your meter.
- * Prick the side of your fingertip with the lancet (needle) provided with your test kit.
- * Gently squeeze your finger until a drop of blood forms.
- * Touch and hold the edge of the test strip to the drop of blood.
- * The meter will display your blood glucose level on a screen after a few seconds.

Recording your results

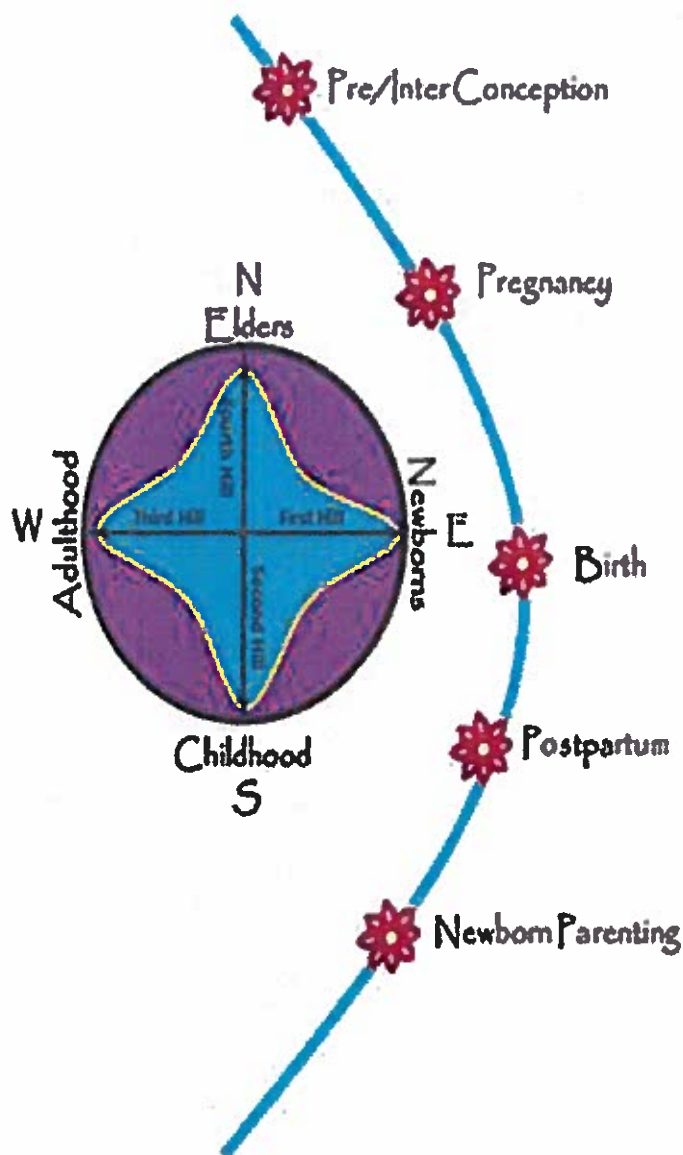
Each time you test your blood sugar, log the results. Record the date, time, test results, medication and dosage, and diet and exercise information. Bring your record of results with you to all appointments with your doctor. Talk to your doctor about what to do and when to call when you get results that don't fall within the normal range of your target goals.

Zaagichigaazowin

(We love & treasure them)

Home Visiting

Now taking names of interested expectant families



What is it?

A home visiting program centered around the prenatal, birth, and immediate postpartum period.

Who are the ZHV Home Visitors?

Bitsy Wachsmuth &
Amber LaGrew

What will I learn?

How to have a healthy pregnancy, labor, birth, & postpartum experience, Ojibwe birth teachings, childbirth ed., and parenting preparation/support.

What will I receive?

A home visitor to assist with your "First Hill of Life" needs, home visits, doula support, assistance with primary care coordination, incentives for participating & much more!

How do I sign up?

Call Jennifer Bouley at
715.779.3707 ext. 2268

**Enrollment is open to all Red Cliff tribal members and families
living within 15 miles of the Red Cliff boundaries**

A partnership between Red Cliff's Community Health Center & the Early Childhood Center
Funding provided by a grant under the Administration of Children & Families



Central storage

Why walk?

So many workouts, so many excuses. Running? Cramps on your side. Swimming? Hate getting wet. Pilates? Expensive. Spin class? A headache.

Walking? Finally, an exercise truly devoid of downsides. It may not be flashy or cool, but according to growing scientific evidence, walking, done often and properly, can deliver an array of benefits that are just as impressive as those often gained from a sportier regimens.

The walking advantages: walking 30 mins a day may

- * Reduce the risk of coronary heart disease.
- * Improve blood pressure and blood sugar levels.
- * Improve blood lipid profile.
- * Maintain body weight and lower the risk of obesity.
- * Enhance mental well being.
- * Reduce your risk of osteoporosis.
- * Reduce your risk of breast and colon cancer.
- * Reduce your risk of non-insulin dependent (type 2) diabetes.



USING THE
REMAINING
LETTERS CAN YOU
COMPLETE THE
OJIBWE WORD FOR
SPRING?

G I Z N

I WA



Cooking healthy

Rosemary-Garlic Carrot and Green Bean "Fries"

Serves 4

Stave off cravings for crunchy, salty fried foods with these oven-fried vegetables.

4 Tbs. grapeseed oil, divided, plus more for greasing baking sheets

2 Tbs. finely chopped fresh rosemary

6 cloves garlic, minced, divided (2 Tbs.)

1½ lb. carrots, peeled and cut into long, thin sticks

1 lb. green beans, trimmed

1 | Preheat oven to 425°F. Lightly grease two baking sheets with oil.

2 | Stir together 2 Tbs. oil, 1 Tbs. rosemary, and 1 Tbs. garlic in large bowl. Season with salt and pepper, if desired. Add carrots, and toss to coat well with oil and seasonings. Spread carrots in single layer on one prepared baking sheet.

3 | Combine remaining 2 Tbs. oil, 1 Tbs. rosemary, and 1 Tbs. garlic in same bowl, and season with salt and pepper, if desired. Add green beans, and toss to coat. Spread green beans on second prepared baking sheet.

4 | Roast green beans and carrots 20 to 30 minutes (depending on thickness), or until vegetables begin to turn deep brown in spots. Season with salt and pepper, if desired. Cool 2 minutes, then serve, or cool on baking sheets, and serve at room temp.



Is it time for a mammogram?

Call the clinic to set up an appointment

2016 Clinic dates available:

April 11 & 12

May 11 & 12

June 30 & July 1

August 30 & 31

September 26 & 27

October 10 & 11

November 21 & 22

1 IN 8 WOMEN

will be diagnosed with breast cancer in



their lifetime




Mino Bimaadiziwin The Good Life

Red Cliff Tribal Farm



Boozhoo! My name is Nathanael Secor and I was recently hired as the Farm Manager/Food Systems Coordinator for the tribe. I graduated from Northland College in 2004 and have worked as a naturalist, market gardener, and for years as an assistant teacher in the Minneapolis public schools. Most recently, I worked as Nutrition Educator for the Ashland public schools where I helped establish their school gardens, sugared with the K-5th grades, and lead cooking demonstrations in the classrooms. I am honored to serve the Red Cliff community in this capacity and believe I can draw upon my background in sustainable agriculture and community advocacy to build on the groundwork that has been laid with Mino bimaadiziwin.

This spring in the garden we will be continuing the good work of Friends of the Dirt through hosting the Plant Give Away with dates in May to be determined. In late May and early June, Mino bimaadiziwin will be offering tilling again to Red Cliff residents who need their garden soil turned over for spring planting. Additionally, Mino bimaadiziwin will be providing produce to the ECC and Bayfield Public Schools this year and looks forward to hosting monthly nutrition and food preservation classes beginning this summer. I also look forward to working with youth and youth center staff to establish gardens at the elder center through the Good Path grant. With the addition of a Northland College intern and 1-2 LCO College interns this summer, Mino bimaadiziwin is shaping up to be busy place this year!



Covering your medical expenses

Medical benefits

We work closely with Tribal and County social service departments, managed care organizations, veterans services, and other public and private agencies and programs to develop referral networks.

We also make referrals to non-State medical programs, including veterans' services, social security and charitable organizations.

Services:

- * Explain application process
 - * Marketplace insurance
 - * Veterans' eligibility
 - * Home visits if necessary
- * Navigate private insurance
 - * Medicaid
 - * Seniorcare
 - * Rx Medicare D

Documents to bring:

- * Proof of U.S. citizenship, or legal immigration status
- * Proof of identity
- * Proof of income and/or assets
- * Proof of medical expenses
- * Proof of pregnancy (if pregnant)
- * If acting on behalf of an applicant, documentation of power of attorney is necessary.

For more information on medical benefits please contact :

Renee Albert 715-779-3707 Ext. 2238



Covering your medical expenses

Purchased & Referred Care (PRC)

Our department formerly known as Contract Health Services, is a service for tribal members who meet eligibility requirements.

We pay for authorized medical, dental, patient transportation and specialty care not available at the Red Cliff Community Health Center.

How PRC can help:

- * Application assistance
- * Navigating insurance
- * Understanding eligibility
- * Referral to resources
- * Healthcare advocacy
- * Providing authorizations
- * Referral eligibility review

Documents to bring:

- * Proof of tribal residency.
Including name and street address or fire number, water & sewer bill, or a receipt of rent paid
- * Proof of Tribal Membership
- * Copy of monthly gross household income
- * Proof that Medical Assistance has been denied.

Who is eligible?

The PRC program can serve Red Cliff Tribal Members residing within Bayfield County.

The PRC program can also serve members of other tribes who reside on the Red Cliff Reservation

For more information on PRC
please contact :

Carolyn Gouge 715-779-3707 Ext. 2235

Remember! You won't know what
you OWE unless you
OPEN your mail!



Caring for someone
with a chronic illness
such as dementia,
cancer, heart
disease, Parkinson's
disease or stroke can
be physically,
emotionally and
financially
exhausting.

Connect with
Resources

Balance your Life

Take Care of
Yourself



Powerful Tools FOR Caregivers

Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, or friend.

Participants will learn to:

- Reduce stress
- Improve self-confidence
- Better communicate feelings
- Increase their ability to make tough decisions
- Locate helpful resources.

**Wednesdays, April 13 to May 11
9:30 to 11:30 a.m.**

**Bayfield Presbyterian Church
306 Washington Ave., Bayfield**

**FREE! Register by April 6.
Call CORE: 715-779-3457**